

Supplementary Table 5: Health literacy outcomes

Author, Year	Sample size	Health Literacy Scale	Baseline		Post-Intervention	
			Intervention Mean ± SD; % (n)	Control Mean ± SD; % (n)	Intervention Mean ± SD; % [CI95%]	Control Mean ± SD; % [CI95%]
Bakker D et al. 2018	N= 226 IG1= 56 IG2= 56 IG3= 50 CG= 64	MHLQ-25	IG1= 16.40 ± 2.09 IG2= 16.54 ± 2.42 IG3= 16.20 ± 2.44	16.38 ± 2.12	IG1= 16.26 ± 2.34 IG2= 16.57 ± 1.83 IG3= 16.28 ± 2.6	16.61 ± 2.22
Blancafort-Alias S et al. 2021	N= 358 IG= 194 CG=164	HLS-EU Understand medical information Find out about mental health activities Assess healthy lifestyles	25.51 (50) 32.65 (64) 17.35 (34)	15.85 (26) 25.61 (42) 14.03 (23)	-0.62 [-1.10 to -0.13]* -0.45[-0.92 to 0.02] -0.24[-0.72 to 0.23]	-0.45[-0.99 to 0.08] 0.34 [-1.17 to 0.85] -0.00 [-0.51 to 0.51]
Bohingamu S et al. 2018	N = 171 IG = 86 CG = 85	HeiQ Health-directed behaviour Positive and active engagement in life Self-monitoring and insight Constructive attitudes and approaches Skill and technique acquisition Social integration and support Health services navigation Emotional distress			0.09 ± 0.49 0.11 ± 0.59* 0.13 ± 0.44* 0.12 ± 0.45 0.17 ± 0.52* 0.12 ± 0.52* -0.10 ± 0.75 0.04 ± 0.45	-0.08 ± 0.69 -0.16 ± 0.55 -0.08 ± 0.43 -0.01 ± 0.48 -0.05 ± 0.50 -0.19 ± 0.63 0.02 ± 0.57 0.00 ± 0.55
Heckel L et al. 2018	N = 216 CG= 108 IG= 108	HeiQ Health-directed behaviour Positive and active engagement in life Self-monitoring and insight Constructive attitudes and approaches Skill and technique acquisition Social integration and support Health services navigation Emotional distress	2.83 ± 0.07 3.05 ± 0.05 1.78 ± 0.06 3.16 ± 0.04 3.31 ± 0.05 3.15 ± 0.04 3.12 ± 0.05 3.17 ± 0.05	2.90 ± 0.07 3.15 ± 0.05 1.70 ± 0.06 3.17 ± 0.04 3.38 ± 0.05 3.17 ± 0.04 3.23 ± 0.05 3.27 ± 0.05	2.81 ± 0.08 3.02 ± 0.05 1.95 ± 0.06 3.07 ± 0.04 3.20 ± 0.05 3.01 ± 0.05 2.98 ± 0.05 3.07 ± 0.05	3.05 ± 0.08 3.18 ± 0.06 1.73 ± 0.07 3.13 ± 0.05 3.30 ± 0.05 3.04 ± 0.05 3.08 ± 0.05 3.23 ± 0.05
Johnson J et al. 2015	N = 228 IG = 95 CG1 = 71 CG2 = 62	3HLQ	HL > 9 = 16%		5.9 ± 2.6	
Kiropoulos L et al. 2011	N = 202 IG = 110 CG = 92	Depression literacy	10.61 ± 3.28	8.17 ± 4.29	17.43 ± 3.99 *	8.03 ± 4.33
Salisbury C et al. 2016	N = 609 CG = 302 IG = 307	Health literacy (eHEALS) HeiQ Health-directed behaviour Positive and active engagement in life Self-monitoring and insight Constructive attitudes and approaches Skill and technique acquisition Social integration and support Health services navigation Emotional distress	3.7 ± 0.8 2.4 ± 0.9 2.9 ± 0.4 2.6 ± 0.6 2.6 ± 0.5 2.8 ± 0.6	3.6 ± 0.9 2.4 ± 0.9 2.8 ± 0.4 2.5 ± 0.6 2.6 ± 0.5 2.7 ± 0.6	3.9 ± 0.8* 3.0 ± 0.5* 2.9 ± 0.4 2.8 ± 0.5 2.9 ± 0.6* 3.2 ± 1.1*	3.7 ± 0.8 2.4 ± 0.9 2.6 ± 0.6 2.6 ± 0.5 2.8 ± 0.6 3.4 ± 0.9
Uemura K et al. 2021	N = 60 CG = 30 IG = 30	Health Literacy Scale-14 scores Functional health literacy Communicative health literacy Critical health literacy	19.6 ± 4.0 17.3 ± 4.2 13.9 ± 3.5	19.2 ± 4.3 17.4 ± 3.5 13.5 ± 3.5	20.3 ± 4.7 19.5 ± 5.2* 15.2 ± 4.0	20.8 ± 5.3 17.3 ± 3.6 13.4 ± 3.5
Van-Dyke BP et al. 2019	N = 241 CG = 78 IGCBT=83 IGEDU=80	STOFHLA	CBT:27.36 ± 9.09 EDU: 32.25 ± 7.06	32.45 ± 4.84	CBT:27.41 ± 9.1	32.39 ± 4.9

N: Total Sample; CI 95%: Confidence Interval 95 %; CG: Control Group; IG: Intervention Group; SD: Standard Deviation; IG1: Intervention Group 1(Moodkit); IG2: Intervention Group 1(Moodprism); IG2: Intervention Group3 (Moodmission); CG1: Control Group 1 (active control); CG2: Control Group 2 (usual care); HL: health literacy; CBT: Cognitive Behavioural treatment; IGCBT: Literacy-adapted group CBT; IGEDU: psychoeducation groups; MHLQ: Mental Health Literacy Questionnaire; HLS-EU: European Health Literacy Survey; heiQ: Health Education Impact Questionnaire; HLQ: Health Literacy Questionnaire; 3QHL: 3 Question of Health Literacy; D-Lit: Depression Literacy Questionnaire; eHEALS: eHealth literacy scale; S-TOFHLA: Abbreviated version of the Test of Functional Health Literacy in Adults.

